SACHI'S... STUDYING?
That was the last one.
21:07
It's this late already?
新米姉妹のふたりごはん
Still,
a little more couldn't hurt, right?
There should be potato chips in the living room
Hmm-hm-hm
It's their fault for making me want to eat them at this hour
PEEK

Sachi-neesan?
Gyah!
I'm sorry!
I was wrong! Not the potato chips!!
A cook book?
Hm

Thanks for the overwhelming response! It's the fourth chapter of two high school girls living and cooking together!

I was studying for the tests,
but I couldn't get past this one problem.
Hm...
and then,
Before I knew it, I was making preparations for tomorrow's breakfast...
the bonito and konbu primary stock...
Hmm
Let me take a look.
Huh?
This whole left side is denoted as M, right?
Y-
Yes
You should substitute it here.
And then...
Hm...
Math A

Isn't math fun?
Then again, if you work at it, any subject can give you results So they're all fun!
I'm done!
Math A
I have to apologize, Nee-san!
I'm really sorry!
For what?
Now then, I should get back to studying
TUG
Hm?

I-I wanted to ask the teacher,
Please teach me how to study!
but I couldn't get myself to do it
So...
Okay!
I'm your big sister, after all!

Right?
Let's head to my room!
Huh?
O-
Okay!
Come on in!
THUMP
Yes...
THUMP

It's a bit messy, sorry.
CLOSE
THU
Ayari-san!
Over here!
PAT PAT

So here you-
GRRR
GROWWWWL

U-Um, to be honest...
I'm really hungry
It's late though...
Hehe...
GROWL
I'll make something!
Huh?
But you know...
they say it's bad for you to eat this late...
WRAP
Would a soup do?
GULP
Y-
Yes! I want to eat it!

Chicken tenderloin,
shimeji mushrooms, and mini tomatoes.
Let's add in a beaten egg
PEEK
Um, you could wait in your room-
Mm
Can I watch?
I love seeing you cook.

..Okay.
I'm warming the breakfast bonito and konbu stock on the stove
Start by slicing the mini tomatoes in half
It's what happens when I try to run from reality.
It's okay
Wasn't it for breakfast?

Cut away the base of the shimeji and clean off the dirt. Break them apart and add to the pot
むし
むし
Next, I'll prepare the chicken
Meat!
We're having meat at this hour!
Take out the tough tendon that lies inside it,
and slice diagonally to make it easier to cook
The tenderloin is located in a low-fat area, so we can limit our calorie intake
Tenderloin
Thigh
It's around here.

Season the tenderloin slices with salt and pepper,
and cover with potato starch
はた
はた
Add them to the boiling stock
Is it me or did the stock become slightly clearer?
The potato starch makes the meat more rigid and keeps it from floating around
Put in the mini tomato halves from earlier as well
ぷにっ
Season with a bit of salt, chicken broth, and vinegar

And now we pour in the beaten egg...
ちゃ
ちゃ
and turn off the fire!
So the meat doesn't get over-cooked!
PUNCH
カキン

Add a few drops of sesame oil for the aroma...
ぴとん
ほわわ
And it's complete!
A low calorie, tomato and chicken tenderloin egg drop soup!
The sesame oil smells so good!
ほわ
We're up late, but
let's eat!

Mnn...
Hot!
はふ
ちゅる
しゃく
はふっ
はふ
And the meat's so tender!!
So warm!
The soup transforms if you scoop out the mini tomatoes while eating it.
It's piercing straight through my fatigue from studying.
The thick chicken broth has mixed completely with the beaten egg.
The potato starch improved the texture.

You're right! Now it's refreshingly sour!
Being able to enjoy two tastes at once how luxurious!
Thanks for the food!
I'm all recharged!
Instinctively raised her hands
Yes!
Let's give it another shot!

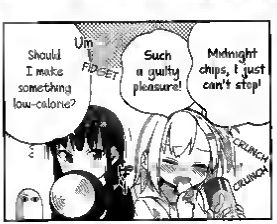
Nee-san
Thank you for being here.

I lost!
Isn't that higher than normal?
Ahhh!
SLURP
92.
What's your average?
Mine's 75
Ayari-san and I did our best together!
Hmm?
Hey, you should let me see this sister of yours already!
Huh?
I'm glad Ayari-san scored well too!

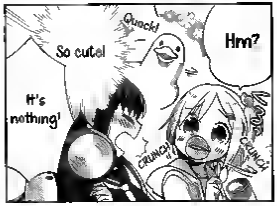
Ah!
Wait...
See you!
I'll come visit sometime
Tell me when you're free!
I hope...
this'll work out...
SUCK
IS SHE WORRIED ABOUT HER SHY LITTLE SISTER?
◀◀◀ To be continued next issue!
December issue will be out October 27th!

今日のふたりレシピ vol. 4

today's futari recipe



◎TOMATO AND TENDERLOIN EGG DROP SOUP◎



INGREDIENTS

2 PC. CHICKEN TENDERLOIN
MUSHROOMS (SUCH AS SHIMEJI)
ABOUT 4 MINI TOMATOES
400CC BONITO AND KONBU STOCK
2 TSP. CHINESE FLAVORING*
SALT AND PEPPER
1 TBSP. VINEGAR
ONE EGG
SEVERAL DROPS OF SESAME OIL
SCALLIONS

DIRECTIONS

1 PUT THE STOCK IN A SMALL POT AND BRING IT TO ALMOST BOILING. MEANWHILE, CUT AWAY THE BASE OF THE MUSHROOMS AND PUT INTO THE POT.
2 FINELY CHOP THE SCALLIONS USED FOR SEASONING AND SLICE THE MINI TOMATOES IN HALF. REMOVE THE TENDONS FROM THE CHICKEN TENDERLOIN AND CUT INTO DIAGONAL SLICES. SEASON WITH SALT AND PEPPER, THEN COVER WITH POTATO STARCH.
3 ADD CHINESE FLAVORING AND SALT.
4 PUT THE CHICKEN AND TOMATOES IN THE BOILING POT.
5 BEAT THE EGG. BRING THE POT TO BOIL AGAIN AND MIX THE EGG IN, USING CHOPSTICKS TO GUIDE WHERE IT GOES.
6 TURN DOWN THE FLAME TO AVOID OVERCOOKING THE CHICKEN. ADD VINEGAR AND SESAME OIL, AND SPRINKLE THE CHOPPED SCALLIONS ON TOP.

*CHINESE FLAVORING GENERALLY ISN'T AVAILABLE OUTSIDE OF JAPAN. YOU CAN FOLLOW ASAMI'S VERSION AND USE CHICKEN BROTH, OR SUBSTITUTE HOISIN SAUCE.

THINGS YOU EAT AT NIGHT, OTHERWISE REFERRED TO AS MIDNIGHT SNACKS. WHY ARE THEY SO TASTY? SACHI BLAMED THEM FOR ENTICING HER TO EAT THEM, BUT DOESN'T THAT GUILTY PLEASURE SPICE THINGS UP A BIT? IS WHAT I'M SECRETLY THINKING.

THERE ARE TWO MOTIVATIONS TO EAT MIDNIGHT SNACKS. WHEN THERE'S SOMETHING LEFT UNDONE AND YOU NEED AN ENERGY BOOST, OR WHEN YOU CAN'T SLEEP BECAUSE YOUR STOMACH'S EMPTY AND YOU NEED SOMETHING TO LET YOU RELAX. YOU MIGHT BE THINKING, "THERE ARE PEOPLE WHO CAN'T SLEEP ON AN EMPTY STOMACH?" YES. THEY EXIST. THIS VARIES FROM PERSON TO PERSON, BUT SOME CAN'T SLEEP AT ALL WITH AN EMPTY STOMACH, AND EVEN WHEN THEY DO IF THEY'RE EXHAUSTED, THEY'LL WAKE UP IN THE MIDDLE OF THE NIGHT BECAUSE OF THEIR STOMACH. THERE ARE PEOPLE LIKE THAT. WHEN THIS HAPPENS, EATING A LITTLE BIT WILL LET THEM SLEEP SOUNDLY.

NOW, WHEN YOU THINK OF ENERGY-BOOSTING MIDNIGHT SNACKS, OF COURSE SOMETHING HIGH IN CALORIES WOULD BE NICE, BUT IT'S EASIER TO GAIN WEIGHT FROM THINGS EATEN AT NIGHT. FOR HIGH SCHOOL GIRLS LIKE SACHI AND ASAMI, AND MANY OTHER PEOPLE, IT IS A SERIOUS ISSUE. THAT'S WHY ASAMI CHOSE TO MAKE A SOUP.

SOUP HAS THE BENEFITS OF BEING WARM AND EASY TO DIGEST, AND IT HAS HIGH WATER CONTENT. WARM FOOD IS EASIER ON THE STOMACH. IT'S EASIER FOR THE BODY TO ABSORB NUTRIENTS FROM FOOD THAT IS AROUND BODY TEMPERATURE, SO RATHER THAN MAKING IT HEAT UP, COLD FOOD LETTING HOT FOOD COOL DOWN WITHIN IS EASIER ON YOUR BODY. "IT ISN'T GOOD FOR YOU TO EAT TOO MANY COLD THINGS ON A HOT SUMMER DAY. HAVE SOME HOT TEA." IS BASED ON THIS PRINCIPLE.

THAT'S WHY SOUP IS EASY TO DIGEST, AND HAVING LOTS OF WATER MEANS EATING EVEN A SMALL PORTION CAN FILL YOUR STOMACH. AND EVEN IF YOU EAT MORE, YOUR OVERALL CALORIE INTAKE WILL STILL REMAIN LOW. THIS SOUP IS ALSO WELL-BALANCED, BLENDING LOW-CALORIE AND HIGH FIBER SHIMEJI MUSHROOMS, LOW-FAT CHICKEN TENDERLOIN, FLAVORFUL MINI TOMATO, AND NUTRITIOUS EGG ALL INTO ONE. I CAN UNDERSTAND WHY THEY'D BE FULL OF ENERGY AFTER EATING THAT!

OTHER MIDNIGHT SNACKS I WOULD RECOMMEND ARE MISO SOUP AND RICE GRUEL. IN TERMS OF LOW-CALORIES, VERMICELLI SOUP WOULD BE GOOD AS WELL. REMEMBER, IT HAS TO HAVE HIGH WATER CONTENT, LOW CALORIES, AND BE HOT. EVEN FOR THOSE WHO CAN'T SLEEP AFTER EATING SOMETHING HOT, IT WILL STILL WARM YOU UP, SO I HIGHLY RECOMMEND IT.

IF YOU'RE IN THE MOOD FOR SOMETHING SWEET, TRY SOMETHING WITH THE EASY-TO-DIGEST HONEY IN IT. YOU COULD TRY AMAZAKE AS WELL.

PRACTICAL!!

★ COOKING MANGA RESEARCHER SUGIMURA KEI'S ★

Futari Gohan

SUGIMURA KEI Profile

THE "CIRCULAR" COOKING MANGA RESEARCHER BEHIND "SOSHI SAUCE NOTEBOOK," "MINUTE HOT SAKE CLASSROOM," AND MANY OTHER WORKS. HE'LL TALK ABOUT THE COOKING FEATURED IN "HIRUMAN SUSHAO NO FUTARI GOHAN" BASED ON HIS OWN EXPERIENCES.

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